

## CLAIMS

What is claimed is:

- 5    1. A striking target device comprising:
  - a target body with a striking surface with a main striking area and at least one pivot striking
  - area;
  - a base; and
  - a means for pivotally mounting the target body on the base such that the striking area
  - 10 remains on a first plane when struck in the main striking area, but pivots on an axis to a different
  - plane when struck in the pivot striking area.

2. The striking target device of claim 1 wherein the means for pivotally mounting includes:

a cam tube;

a cam follower;

a guide tube; and

5 a tension means for providing tension between the cam tube and the cam follower such that the striking surface pivots to a different fixed striking plane when struck in the pivot striking area.

3. The striking target device of claim 1 wherein the means for pivotally mounting includes:

10 a tube;

a follower;

a guide tube; and

a tension means for providing tension between the tube and the follower such that the striking surface pivots to a different random striking plane when struck in the pivot-striking area.

4. The striking target device of claim 1 wherein the target body has a means for determining a pivotal move to a different striking plane, such that when the target body pivots it is visually apparent to the user.

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5. The striking target device of claim 1 wherein the main striking area is located substantially on an axis, and the pivot striking area extends outwardly from the axis.

6. The striking target device of claim 1 wherein the means for pivotally mounting has a tension means that stretches to create compression applying resistance to pivoting of the target body and the tension means also provides a flex means allowing the device to flex across the axis to absorb force applied from strikes thereby allowing strikes to pass through as a result of the target body flexing sufficiently across the axis.

7. The striking target device of claim 1 wherein the means for pivotally mounting has a flex lock unit that can be positioned over the means for pivotally mounting thereby preventing flexing across the axis, while allowing the target body to pivot and change the striking planes when the striking surface is struck.

8. The striking target device of claim 1 wherein the means for pivotally mounting has the flex lock unit that can be positioned over the means for pivotally mounting thereby preventing flexing across the axis on the means for pivotally mounting, and pivoting about the axis when the striking surface is struck.

9. The striking target device of claim 1 wherein the target body has a means for providing variable audible feedback such that the striking surface admits a sound when struck in the main striking area, and admits a different sound when struck in the pivot striking area.

10. A striking target device comprising:

a target body with a striking surface;

a suction cup; and

a handgrip means whereby the suction cup acts as a soft non-slip positive stop for handholding

5 the device for strike training and as a means for mounting the device on a smooth surface to

allow the user to strike train alone.

11. A method for strike training on a striking target device having a target body with a striking surface with at least one main striking area and at least one pivot striking area, the method comprising the steps of:

a) securing the device at a desired height using a base;

5 b) striking the device in the main striking area for single plane multi-directional striking;

c) striking the device in the pivot striking area for multi-plane multi-directional striking;

d) striking the device in the main striking area for single plane multi-directional striking and in the pivot striking area for multi-plane multi-directional striking, thereby creating a new dimension in strike training that allows the person training to improve skill in executing

10 combinations of strikes, speed, timing, coordination and accuracy in a way that can only be accomplished on a device that has the striking surface that changes striking planes based on the specific area of the target body that is struck.

12. The method of Claim 11 further comprising the steps of:

- a) partner holding the device at a desired height for a person performing strikes;
- b) striking the device in the main striking area for single plane multi-directional striking;
- c) striking the device in the pivot striking area for multi-plane multi-directional striking;
- 5 d) striking the device in the main striking area for single plane multi-directional striking and  
in the pivot striking area for multi-plane multi-directional striking;
- e) person holding the device holds it in a fix position for person striking the device;
- f) person holding the device moves device around, thereby making it more difficult to strike  
than if it were in a fixed position elevating the level of skill necessary to strike the device  
10 and improving the overall skill level of performing all types of strikes.

13. The method of Claim 11 further comprising the step of:

positioning a plurality the devices at different heights or locations, thereby increasing the intensity of the training or to allow the user to strike different heights, areas or directions quickly without having to move the device.